



EXCITING NEWS!



Starting in July we have several exciting things to announce:

- (1) Day Trips are back!! - See details on page 18.
- (2) Farmers Market Voucher Program - See details on page 12.
- (3) Theatre Club is back!! - See details on pages 4, 7, & 10.
- (4) Afternoon Zumba is back - See details on page 16.
- (5) Fan Program - We once again have a limited number of free fans to give out to those without air conditioning. Ask us about them.
- (5) MySeniorCenter - We will soon be implementing a new software program that will replace our existing one. Your membership cards will still work, although the screen may look a little different. Don't worry - we will walk you through any changes. Thank you for your patience as we learn the new software system right along with you. Once we all learn it, we are hopeful this will be easier for staff, volunteers, & participants!

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JULY SPECIAL EVENTS

Main Campus:

Bobby H. Knight Senior Services Building
Located at 278 Meroney Street
Hours are Monday - Friday
8:00am - 4:30pm

Health & Fitness Center:

Brock Recreation Center (Gym)
Located at 644 N. Main Street
Hours are Monday - Thursday
8:00am - 8:00pm
Fridays 8:00am - 4:30pm

PHONE NUMBER FOR BOTH: 336-753-6230

ALL ACTIVITIES HELD AT THE MAIN CAMPUS UNLESS OTHERWISE INDICATED

BLOOD PRESSURE SCREENINGS

Tuesday, July 5 - 10:00am

A trained professional will take your blood pressure at no charge every 1st Tuesday.



CROCHETING GROUP - NEW!

Wednesdays, 9:00 - 11:00am -

July 6 - September 28

Instructors: Theresa Manak & Sara Cioffi

Register by June 29

Join Theresa & Sara to learn to crochet. All participants will need to bring a J hook and yarn with a weight of 4 or 5. We will begin with learning basic stitches and work our way up to making a scarf. You can join anytime and the instructors will try to catch you up. ***Open to adults 55 and older and exceptions under the general participation policy.***

MEMORY CAFÉ

Thursday, July 7 - 2:00pm

Register by June 30

A memory café is a social gathering for persons with Alzheimer's or other dementia and their caregivers. The café is free and offers a fun ice cream social. The café is beneficial not only for those with memory loss, but for the caregivers as well. Caregivers will benefit from the company and companionship of others in similar situations as themselves. Open to anyone with memory loss and their caregivers. A family member or friend that serves as a caregiver MUST accompany the guest.



This includes spouses, children, friends or acquaintances. We respectfully request paid caregivers not attend in lieu of friends or family.

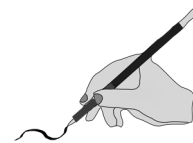
SENIOR WRITING GROUP

Thursday, July 7 - 2:00pm

Instructor: Marie Craig

Register by June 30

Join Senior Services on the first Thursday of each month. Participants will work on improving writing skills, whether it be for your own personal knowledge or with intent to write a book, article, short story, or more. ***Open to adults 55 and older and exceptions under the general participation policy.***



FARMERS MARKET VOUCHER PROGRAM

Thursday, July 7 - 2:00 - 4:00pm

Tuesday, July 12 - 2:00 - 4:00pm

If you are 60 and older with limited income and live in Davie County, be sure to come by either Thursday or Tuesday to pick up your vouchers for the Farmers Market. These can be redeemed by participating farmers at the Mocksville, Bermuda Run or Smith Grove Farmer's Market for fresh fruits or veggies only. See page 12 for all the details of this program.

CRAFTERNOON - TIE DYE CRAFT

Friday, July 8 - 2:00pm -

Davie County Public Library

Instructor: Staff from Davie Public Library

Register by July 1

Limited to the first 10 who register.

Join staff at the library for an afternoon of crafting! All materials will be provided. Co-sponsored by the Davie County Public Library. ***Open to adults 55 and older and exceptions under the general participation policy.***

COFFEE & CAREGIVING

Tuesday, July 12 - 10:00am

Register by July 8

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. ***Open to caregivers of all ages.***

JULY SPECIAL EVENTS



SIGNS OF A HEART ATTACK

Tuesday, July 12 - 10:00am
Presented by: Dr. Matthew Belford, Atrium Health, Wake Forest Baptist

Register by July 5

This presentation can save your life. Learn the warning signs of a heart attack so you can seek help quickly for yourself or a loved one.

Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP - NEW DAY!

Wednesday, July 13 - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Register by July 6

On the 2nd Wednesday of each month, representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.

Picture ID required.

PAPERCRAFTING EXTRAVAGANZA

Wednesday, July 13 - 1:00pm

Register by July 6

Do you love to make cards, scrapbook, or use your Cricut? Then this group is for you. All paper craft lovers are invited to come out and work with, and learn from other paper lovers. The group meets the 2nd Wednesday of each month. Participants bring their own supplies and no formal instruction is provided.

This group is open to all ages.

A MATTER OF BALANCE

Wednesdays, July 13 - September 7 - 2:00 - 4:00pm

Instructor: Megan Collins, Ph.D.

Register by July 6

This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Open to adults 55 and older. Please note this session will occur at the Main Campus.



RED, WHITE & BLUE PARTY

Thursday, July 14 - 2:00pm

Register by July 7

Just because Independence Day is over doesn't mean we can't celebrate. Join us for a fun patriotic party with great refreshments and entertainment by Fairfield Bluegrass. ***Open to adults 55 & older and exceptions under the general participation policy.***

MONTHLY MOVIE

Monday, July 18 - 1:00pm

MPLC license No: 504401845

Register by July 11

On the 3rd Monday of each month, Senior Services will show a movie. Of course, there will be popcorn! To learn the title, call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. ***In order to make our events more accessible, closed captioning will be used for movies when available. Open to adults 55 & older and exceptions under the general participation policy.***

TECH TUESDAY

Tuesday, July 19 - 10:00am

Instructor: Staff from Davie Public Library

Register by July 12

On the 3rd Tuesday of the month bring your questions about your phone, tablet, or computer and get some help. Not only will you get your questions answered, but you are likely to learn from other questions asked as well.

Co-sponsored by Davie County Public Library.

Open to adults 55 and older and exceptions under the general participation policy.



GRANDS CORNHOLE

Wednesday, July 20 - 1:00pm -

Brock Campus

Register by July 13

Bring your grandkids or great-grandkids of any age and play some fun games of cornhole. You can compete against your grandchild or against other grandparent/grandchild teams.

Open to adults 55 & older & guests of any age.

JULY SPECIAL EVENTS

SENIOR BOOK CLUB

Thursday, July 21 - 12:30 - 2:00pm

Location: Davie County Public Library

Leader: Genny Hinkle

Books are provided at no charge. Books must be picked up from, and returned to, Davie County Public Library. Meets the 3rd Thursday of each month. Co-sponsored by the Davie County Public Library. Book titles will be given to Senior Services one month in advance.

Open to adults 55 and older and exceptions under the general participation policy.



BINGO

Thursday, July 21 - 1:00pm

Sponsored by: Home Again Home Care

Register by July 14

Come out for some fun games of Bingo! Pre-packaged snacks will be served. *In order to make our events more accessible, Braille cards and display screens are available.* ***Open to adults 55 and older and exceptions under the general participation policy.***

WHAT'S COOKING: FOODS, FADS, & HELPFUL HOME HACKS

Monday, July 25 - 1:00pm

Register by July 18

Join us the 4th Monday of every month for this fun and informative program. Program content will vary, but may include cooking demonstrations, helpful home tips, demonstration of various kitchen or cleaning gadgets, and more. ***Open to adults 55 and older and exceptions under the general participation policy.***



COFFEE & CAREGIVING

Tuesday, July 26 - 10:00am

Register by July 22

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. ***Open to caregivers of all ages.***

VETERANS SOCIAL

Tuesday, July 26 - 1:00pm

Speaker: Mary Beth Young, Partners Behavioral Health

Register by July 19

Senior Services and the Veterans Services Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. This quarter, Ms. Young will present an interactive discussion about mental health services for veterans. ***This is intended to be a time of reminiscing and socialization for veterans; therefore, it is limited to veterans only - no guests, unless a caregiver is needed in order for the veteran to attend.***

THEATRE CLUB - BACK AGAIN!

Tuesday, July 26 - 1:00pm

Facilitator: Mike Garner

Register by July 19

After a long hiatus, this group has returned! The group will meet the 4th Tuesday each month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. ***Open to adults 55 and older and exceptions under the general participation policy.***



GOOD HEALTH CLUB

Thursday, July 28 - 1:00pm

Facilitator: Stacey Southern, Nutrition Program Coordinator

Register by July 21

This group will meet the 4th Thursday of each month. Participants will learn healthy eating tips, share recipes for healthy meals, and do some light exercises. If your goal is to improve your health, be sure to join us.

Open to adults 55 and older and exceptions under the general participation policy.



AUGUST SPECIAL EVENTS



BOWLING LUNCH

Monday, August 1 - 1:00pm

Register no later than July 25

This lunch is for current bowlers and those who wish to join. We will be picking teams for the next league and awarding trophies to last season's winners. If you are not able to make the lunch, but want to bowl, call & let us know.

Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

Tuesday, August 2 - 10:00am

A trained professional will take your blood pressure at no charge every 1st Tuesday.

SENIOR WRITING GROUP

Thursday, August 4 - 2:00pm

Instructor: Marie Craig

Register by July 28

Join Senior Services on the first Thursday of each month. Participants will work on improving writing skills, whether it be for your own personal knowledge or with intent to write a book, article, short story, or more. ***Open to adults 55 and older and exceptions under the general participation policy.***

COFFEE & CAREGIVING

Tuesday, August 9 - 10:00am

Register by Aug. 5

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. ***Open to caregivers of all ages.***

JEWELRY MAKING CLASS

Tuesday, August 9 - 1:00pm

Instructor: Beverly Myers

Cost: \$5.00 due at time of sign up

Register by Aug. 2

Limited to first 15 to register

Due to popular demand, Ms. Myers is returning to Senior Services to teach us how to make a beautiful necklace. Cost is \$5.00, which is due upon registration and is non-refundable. All supplies are provided and an example will be on display at Senior Services.

Open to adults 55 and older and exceptions under the general participation policy.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP - NEW DAY!

Wednesday, August 10 - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register by Aug. 3

On the 2nd Wednesday of each month, representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.

PAPERCRAFTING EXTRAVAGANZA

Wednesday, August 10 - 1:00pm

Register by Aug. 3

Do you love to make cards, scrapbook, or use your Cricut? Then this group is for you. All paper craft lovers are invited to come out and work with and learn from other paper lovers.

The group meets the 2nd Wednesday of each month. Participants bring their own supplies and no formal instruction is provided.

This group is open to all ages.

BINGO

Thursday, August 11 - 1:00pm

Sponsored by: G.U.M. Girls

Register by Aug. 4

Come out for some fun games of Bingo!

Pre-packaged snacks will be served. *In order to make our events more accessible, Braille cards and display screens are available.* ***Open to adults 55 and older and exceptions under the general participation policy.***



AUGUST SPECIAL EVENTS



WELCOME TO MEDICARE LUNCHEON

Friday, August 12 - 10:00am - 12:00pm

Speaker: Michelle Ellis, SHIP Coordinator
Register no later than Aug. 5

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. We will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare-related costs. This program is open to anyone who will soon be on Medicare. A light lunch will be served following the program.

MONTHLY MOVIE

Monday, August 15 - 1:00pm

MPLC license No: 504401845

Register by Aug. 8

On the 3rd Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title, call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. *In order to make our events more accessible, closed captioning will be used for movies when available. The movie is open to adults 55 and older and exceptions under the general participation policy.*

TECH TUESDAY

Tuesday, August 16 - 10:00 - 11:00am

Instructor: Staff from Davie Public Library

Register by Aug. 9

On the 3rd Tuesday of the month bring your questions about your phone, tablet, or computer and get some help. Not only will you get your questions answered, but you are likely to learn from other questions asked as well. Co-sponsored by Davie County Public Library. *Open to adults 55 and older and exceptions under the general participation policy.*



WORKING WITH WEIGHTS DEMO

Tuesday, August 16 - 11:00am -

Brock Campus

Facilitator: Zack Manley, Davie Family YMCA

Register by Aug. 9

Strength training is an important part of our exercise routine as we age. However, many older adults are intimidated by the thought of working with weights. Zack will be on hand to discuss the benefits of strength training and provide a hands-on demonstration of using weights safely and effectively. Everyone, regardless of age, gender or size can incorporate weights into their fitness regimen. Come give it a shot!

Open to adults 55 and older.



PING PONG FUN DAY

Wednesday, August 17 - 1:00pm -

Brock Campus

Register by Aug. 10

We will bring out the ping pong tables for an afternoon of fun. Whether you have never played before, or consider yourself an expert, come on out and join us. *Open to adults 55 and older and exceptions under the general participation policy.*

SENIOR BOOK CLUB

Thursday, August 18 - 12:30 - 2:00pm -

Davie County Public Library

Leader: Genny Hinkle

Books are provided at no charge. Books must be picked up from, and returned to, Davie County Public Library. Meets the 3rd Thursday of each month. Co-sponsored by the Davie County Public Library. Book titles will be given to Senior Services one month in advance.

Open to adults 55 and older and exceptions under the general participation policy.



AUGUST SPECIAL EVENTS

EVENING CORNHOLE

Thursday, August 18 - 5:30 - 7:00pm -
Brock Campus

Register by Aug. 11

The days are longer and it is still hot into the evening!! Come inside and take advantage of our extended hours with a few games of cornhole. Boards will be set up and we will draw for partners. If there is enough interest, we will start a regular evening group. ***Open to adults 55 and older and exceptions under the general participation policy.***



WHAT'S COOKING: FOODS, FADS, & HELP- FUL HOME HACKS

Monday, August 22 -
1:00pm

Register by Aug. 15

Join us the 4th Monday of every month for this fun and informative program. Program content will vary, but may include cooking demonstrations, helpful home tips, demonstration of various kitchen or cleaning gadgets, and more. ***Open to adults 55 and older and exceptions under the general participation policy.***

COFFEE & CAREGIVING

Tuesday, August 23 - 10:00am

Register by Aug. 19

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. ***Open to caregivers of all ages.***

THEATRE CLUB - BACK AGAIN!

Tuesday, August 23 - 1:00pm

Facilitator: Mike Garner

Register by Aug. 16

After a long hiatus, this group has returned! They will meet the 4th Tuesday each month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. ***Open to adults 55 and older and exceptions under the general participation policy.***

GOOD HEALTH CLUB

Thursday, August 25 - 1:00pm

Facilitator: Stacey Southern, Nutrition
Program Coordinator

Register by Aug. 18

This group will meet the 4th Thursday of each month. Participants will learn healthy eating tips, share recipes for healthy meals, and do some light exercises. If your goal is to improve your health, be sure to join us. ***Open to adults 55 and older and exceptions under the general participation policy.***

MEET ME WHERE I AM - HOW TO HELP CAREGIVERS OF PEOPLE WITH DEMENTIA

Monday, August 29 - 10:00am

Speaker: Karen Phoenix, Project CARE

Register by Aug. 22

Having a loved one with dementia is a hard reality for many. It is difficult to interact with them when they are confused or do not remember who you are. Ms. Phoenix will offer tips on how to better accept the condition, rather than trying to fight it, in order to reconnect with your loved one.

Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.

DOG DAYS OF SUMMER PARTY

Tuesday, August 30 - 5:30pm

Register by Aug. 23

The dog days of summer officially ended August 11. Let's celebrate with a fun party. We will have a hot dog supper & ice cream. We will also be entertained by a skit written by Ina Beavers.

Open to adults 55 and older and exceptions under the general participation policy.



SEPTEMBER SPECIAL EVENTS

SENIOR WRITING GROUP

Thursday, September 1 - 2:00pm

Instructor: Marie Craig

Register by Aug. 25

Join Senior Services on the first Thursday of each month. Participants will work on improving writing skills, whether it be for your own personal knowledge or with intent to write a book, article, short story, or more.

Open to adults 55 and older and exceptions under the general participation policy.

BINGO

Thursday, September 1 - 1:00pm

Sponsored by: Lambert

Funeral Home and

Cremation Service

Register by Aug. 25

Kick off Senior Center Month with some fun games of Bingo! Pre-packaged snacks will be served. *In order to make our events more accessible, Braille cards and display screens are available. Open to adults 55 and older and exceptions under the general participation policy.*



BLOOD PRESSURE SCREENINGS

Tuesday, September 6 - 10:00am

A trained professional will take your blood pressure at no charge every 1st Tuesday.



ARMCHAIR ADVENTURES - NEW YORK

Thursday, September 8 - 1:00 - 3:00pm

Register by Sept. 1

"Travel" to New York without ever leaving Davie County. Come enjoy a couple hours of fun, information and a taste of New York in this fun

program. ***Open to adults 55 & older and exceptions under the general participation policy.***

CHEERLEADING INTEREST MEETING

Monday, September 12 - 4:00pm -

Brock Campus

Register by Sept. 2

Were you a cheerleader in high school? Did you always want to be, but didn't have the time, or didn't make the team? Well, now is your chance. Come learn about Senior Services' cheerleading team, the Davie Dazzlers, at this meeting. The team is designed to compete at Senior Games, but you do not have to compete in order to participate. Men and women ages 50 and up are welcome.

IMPORTANCE OF EXERCISE AND PHYSICAL HEALTH FOR SENIORS

Tuesday, September 13 - 10:00am

Speaker: Shannon Kimel, Physical

Therapist, Novant Health

Register by Sept. 6

Staying active is a key to aging well. Learn how important exercise is in maintaining your health as you age. ***Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.***



COFFEE & CAREGIVING

Tuesday, September 13 - 10:00am

Register by Sept. 9

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month.

Open to caregivers of all ages.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP - NEW DAY!!

Wednesday, September 14 - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register by Sept. 7

On the 2nd Wednesday of each month, representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.

SEPTEMBER SPECIAL EVENTS

PAPERCRAFTING EXTRAVAGANZA

Wednesday, September 14 - 1:00pm
Register by Sept. 7

Do you love to make cards, scrapbook, or use your Cricut? Then this group is for you. All paper craft lovers are invited to come out and work with and learn from other paper lovers. The group meets the 2nd Wednesday of each month. Participants bring their own supplies and no formal instruction is provided. ***This group is open to all ages.***



DEPARTMENT OF TRANSPORTATION Q & A (JOINED BY TOWN & COUNTY OFFICIALS)

Thursday, September 15 - 10:00am
Register by Sept. 8

Limit of 12 participants

By request, we brought back representatives from the Town & County boards to answer your questions and hear your concerns or discuss topics important to you. This time we have included a representative from the Dept. of Transportation to help answer all the questions about roads. Don't miss this event. ***Open to adults 55 and older, and exceptions under the general participation policy.***

SENIOR BOOK CLUB

**Thursday, September 15 -
12:30 - 2:00pm -**

Davie County Public Library

Leader: Genny Hinkle

Books are provided at no charge. Books must be picked up from, and returned to, Davie County Public Library. Meets the 3rd Thursday of each month. Co-sponsored by the Davie County Public Library. Book titles will be given to Senior Services one month in advance. ***Open to adults 55 and older and exceptions under the general participation policy.***



MONTHLY MOVIE

Monday, September 19 - 1:00pm
MPLC license No: 504401845
Register by Sept. 12

On the 3rd Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title, call Senior Services on or after the Tuesday prior to the movie. ***In order to make our events more accessible, closed captioning will be used for movies when available. The movie is open to adults 55 and older and exceptions under the general participation policy.***

TECH TUESDAY

Tuesday, September 20 - 10:00 - 11:00am
Instructor: Staff from Davie Public Library
Register by Sept. 13

On the 3rd Tuesday of the month bring your questions about your phone, tablet, or computer and get some help. Not only will you get your questions answered but you are likely to learn from other questions asked as well. Co-sponsored by Davie County Public Library. ***Open to adults 55 and older and exceptions under the general participation policy.***

HOW TO CREATE MY SOCIAL SECURITY AND MY MEDICARE ACCOUNTS

Wednesday, September 21 - 12:00pm
Instructor: Michelle Ellis, SHIP Coordinator
Register by Sept. 14

It is important that you create an online social security and Medicare account in order to access important information. If you need a little help, come to this seminar to learn how. You will need an email address. If you need help setting up an email, please come 30 minutes early. You must bring your Medicare card. ***Open to adults of all ages.***

FALL PREVENTION SEMINAR

Thursday, September 22 - 10:00am
Speaker: Megan Collins, Ph.D.
Register by Set. 15

The first day of Fall is also Falls Prevention Awareness Day. Learn how to stay safe and lessen your likelihood of falling. ***Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.***

SEPTEMBER SPECIAL EVENTS

GOOD HEALTH CLUB

Thursday, September 22 - 1:00pm

Facilitator: Stacey Southern, Nutrition Program Coordinator

Register by Sept. 15

This group will meet the 4th Thursday of each month. Participants will learn healthy eating tips, share recipes for healthy meals, and do some light exercises. If your goal is to improve your health, be sure to join us. ***Open to adults 55 and older and exceptions under the general participation policy.***

END OF SUMMER DANCE

Friday, September 23 - 1:00

- 3:00pm - Brock Campus

Register by Sept. 16

Before we say goodbye to summer, join us for a dance in the gym. DJ Carrie will play a variety of tunes for dancing and will also take requests. ***Open to adults 55 and older and exceptions under the general participation policy.***



WHAT'S COOKING: FOODS, FADS, & HELPFUL HOME HACKS

Monday, September 26 - 1:00pm

Register by Sept. 19

Join us the 4th Monday of every month for this fun and informative program. Program content will vary, but may include cooking demonstrations, helpful home tips, demonstration of various kitchen or cleaning gadgets, and more. ***Open to adults 55 and older and exceptions under the general participation policy.***



COFFEE & CAREGIVING

Tuesday, September 27 - 10:00am

Register by Sept. 20

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month.

Open to caregivers of all ages.

THEATRE CLUB - BACK AGAIN!

Tuesday, September 27 - 1:00pm

Facilitator: Mike Garner

Register by Sept. 20

After a long hiatus, this group has returned! They will meet the 4th Tuesday each month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. ***Open to adults 55 and older and exceptions under the general participation policy.***



BASKETBALL & SOFTBALL TEAM INTEREST MEETING

Wednesday, September 28 -

2:00pm - Brock Campus

Register by Sept. 21

Did you know that Senior Games has basketball and softball teams for both men and women as an event? We want to see if there is any interest in forming teams for these. If you are interested, but can't attend the meeting, let us know that as well. ***Open to adults 50 and older.***

BOCCE CLINIC

Thursday, September 29 - 9:30am -

Davie County Community Park

Register by Sept. 22

For those new to Bocce who would like to learn more, we invite you to this clinic. We will go over the rules and have time to practice, showing you tips and tricks along the way.

Open to adults 55 and older and exceptions under the general participation policy.

SENIOR CENTER MONTH SHOWCASE PARTY

Friday, September 30 - 2:00pm

Register by Sept. 23

We will wrap up Senior Center Month with a fun party. Even if you attend regularly, we bet you don't know everything there is to know about your Senior Center. This fun, interactive party will feature some of our regular programs and offerings, along with great refreshments.

Celebrate YOUR Senior Center at this fun party. ***Open to adults 55 and older and exceptions under the general participation policy.***

SHIIP INFORMATION



THE ROAD TO MEDICARE

Much like you anticipated turning 16 and getting your driver's license, you must anticipate and plan for becoming a Medicare beneficiary.

Start now and let the Department of Insurance's SHIIP (Seniors' Health Insurance Information Program) help you.

SHIIP provides free, unbiased information about Medicare and other insurance-related issues, and there are SHIIP sites in all 100 counties in North Carolina. It is recommended that you review your Medicare options before you need to enroll so that you don't make any hurried decisions at the last minute. Your Medicare choices will depend on several factors including:

1. Are you retired or will you or your spouse continue to work?
2. Will you have access to medical and/or prescription drug coverage through an Employer Group Health Plan?
3. How does your Employer Group Health Plan compare with Medicare supplement plans and Medicare Advantage plans?

Of course there are other things to consider when determining your Medicare options. SHIIP has created a handout meant to help you navigate the Medicare system and initial enrollment process. The handout, "The Road to Medicare," outlines the decisions you'll need to make and what options are available through the Medicare system. To obtain a free copy of "The Road to Medicare," call SHIIP at 1-855-408-1212, visit SHIIP's Web site at www.ncshiip.com, or request a copy at Davie County Senior Services.

You can also meet with a certified SHIIP Counselor at Senior Services to discuss your Medicare options. To arrange an appointment with a SHIIP Counselor, contact Senior Services. Don't wait to make your Medicare decisions - you can start the process before your 65th birthday. Let SHIIP help you understand your options and get you on the road to Medicare.

***DON'T MISS THE INFORMATIVE SEMINAR, "WELCOME TO MEDICARE"
SCHEDULED FOR AUGUST 12. SEE ALL THE DETAILS ON PAGE 6.***

MISC. INFORMATION

FARMER'S MARKET VOUCHER PROGRAM

Davie County is excited to announce that we are now eligible to participate in the Seniors Farmer's Market Nutrition Program. This program provides eligible, low-income older adults with coupons to purchase fresh fruit and vegetables at their local farmers markets.

To qualify, you must be 60 or older, live in Davie County and have a self-declared income of not more than 185% of Federal poverty levels (currently \$2,095 per month for an individual).

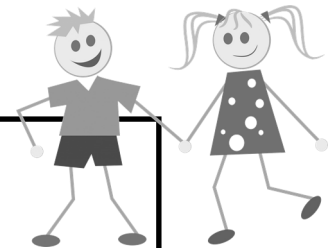


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To apply, you must come by the main campus of Senior Services either July 7 or July 12 between 2:00pm - 4:00pm. Vouchers will be issued to all eligible clients during those times. Vouchers must be used by September 30 and are good only at participating vendors at the Farmer's Markets. Vouchers may only be used for fresh fruits and vegetables and may not be used for baked goods, crafts, cooked foods, honey, eggs, plants, or other non-food item.

Vouchers will be distributed on a first come, first served basis.

REMINDER ABOUT CHILDREN AT SENIOR SERVICES



Summertime often means keeping the grandchildren who are out of school. Please remember that Senior Services is designed for those 55 and older. According to our participation policies, children should not be brought to activities or events unless the information about the event specifically says it is allowed.

Children may not sit in on exercise or other classes and should not be left unattended in the lobby or gym.

Thank you for your cooperation!

MISC. INFORMATION

BROCK SENIOR STEPPERS

Brock Health & Fitness Center Gym

Earn recognition & prizes for walking laps at the Brock Gym.

Call or stop by the Brock campus for more info.

Open to adults 55 and older only.

NEW CAREGIVER ITEMS

We have activity kits, robotic pets, and GPS trackers for those who have Alzheimer's or dementia.

For more information call Kelly Sloan, Services Coordinator, to discuss.

TABLET LOANER PROGRAM

Participants can now borrow tablets while at the main campus. Surf the web, play games, email your kids - whatever you need to do. Tablets can be checked out at the front desk for in-building use only.



COVID PRECAUTIONS



- All activities are subject to change based on new requirements, local outbreaks, etc.
 - We will follow all local and/or state mandates regarding occupancy levels, mask wearing, etc.
- Individual instructors may impose mask requirements or capacity limits for their classes.
- It is up to YOU to ensure we are able to stay open. Cleaning supplies are provided so that anyone can clean an area before they use it. It is the responsibility of the participants to clean areas they use.
- If you are sick, please stay at home. We will be closed down again if local authorities deem it necessary for the safety and well-being of our staff or participants.
 - Continue to practice social distancing.
- Consider getting vaccinated if you have not already done so.

THANK YOU!

ONGOING ACTIVITIES



Arts & Crafts

ALL ACTIVITIES HELD AT THE MAIN CAMPUS UNLESS OTHERWISE INDICATED

ART CLASS

Mondays - 9:00am - 12:00pm

Instructor: Jo Robinson

Beginning students or experienced artists are invited to this class. Jo will teach various techniques at each class and will offer critiques of work. Beginners should attend one class prior to purchasing supplies so she can help guide you on what to purchase. ***Open to adults 55 and older and exceptions under the general participation policy.***

QUILTING

Tuesdays - 9:30am - 11:30am

Bring your supplies to work with and learn from other quilters. No instruction is provided. ***This is an intergenerational program.***

WOODCARVING

Wednesdays - 9:00 - 11:00am

Facilitator: Tim Trudgeon

Cost: \$8.75 for new students to cover initial supplies

Anyone with an interest in carving is invited to attend. Please call before attending your first session. ***This is an intergenerational program.***



Computers

COMPUTER LAB

Ten computers are available in our lab during normal operating hours when there is not a class in progress. Call ahead to make sure the lab is available or just drop in.

Users must be 55 or older.

TECH TUESDAYS

Each month, a representative from the Davie County Public Library will be at the main campus every 3rd Tuesday at 10:00am to answer your questions about computers, tablets, or phones. Register today to participate.

TABLET LOAN PROGRAM

Senior Services has several tablets to loan out to participants while they are at the main campus. See a staff member for all the details.



Dance

ALL DANCE CLASSES ARE HELD AT THE BROCK HEALTH & FITNESS CENTER. NO REGISTRATION NEEDED BUT CLASS SIZE MAY BE LIMITED.

Frequent dancing has been shown as a significant factor in the reduction of dementia among seniors. We have several line dancing classes from which to choose, depending upon your skill level. ***All classes are open to adults 55 & older & exceptions under the general participation policy. Instructors will determine mask requirements/room capacity.***

SOCIAL LINE DANCING -

Tuesdays - 9:45 - 10:45am and

Thursdays - 6:00 - 7:00pm

No instructor

For dancers of all levels, this is a time to get together and dance for fun. No instruction will be provided.

LEVEL 1- Tuesdays/Thursdays - 8:45 - 9:45am

Instructor: Julie Cartner

This is for those who know the basic steps and have a desire to continue to learn more dances.

LEVEL 2 - Wednesdays & Thursdays -

9:45 - 10:45am

WEDNESDAY CLASS ALSO AVAILABLE BY ZOOM

Instructor: Julie Cartner

For those who have the basics down, we will learn more complex dances. This class teaches a 30 minute program that will be used to perform several times monthly to dance for long term care residents and community events. (Not required for participation in class.)

ONGOING ACTIVITIES



Drop In Activities

Senior Services invites you to drop by any time we are open to enjoy the following (may be based on room availability - feel free to call ahead):

Main Campus:

*Books *Card/Board Games *Computer Lab
*Shredder

Brock Campus:

*Fitness Room * Scales *Shredder *Gym
(Basketball, Cornhole, Ping-Pong)

Exercise

ALL EXERCISE CLASSES WILL BE HELD AT THE BROCK HEALTH & FITNESS CENTER & ARE OPEN TO THOSE 55 AND OLDER

SILVERHEALTH

Mon. / Wed. / Fri. - 8:30 - 9:00am

Instructor: Mike Orsillo

Cost: No charge to participant

This class works with hand weights and resistance bands and focuses on basic strength and flexibility, especially those important core muscles.

MORNING WAKE UP PROGRAM

Mon. / Wed. / Fri. - 9:00 - 9:30am

Instructor: Mike Orsillo

Cost: No charge to participant

This class is a continuation of the SilverHealth class. Come at 8:30am for strength and flexibility and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth.



BOWLING LEAGUE

Mondays - 9:00am

Location: Creekside Lanes

Cost: \$6.75 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers and substitutes are

welcomed. *You must provide your own transportation to the bowling alley. Senior Services/County vans will not be available.*

PICKLEBALL OPEN PLAY

Mondays & Fridays - 10:00 - 11:30am

Wednesdays - 5:30 - 7:00pm

Brock Health & Fitness Center

Tuesdays & Thursdays - 9:30 - 11:00am

Davie County Community Park

Pickleball has been described as a combination of ping pong, tennis, and badminton.

YOGA FOR SENIORS

Instructor: Kim Crawford

Dates: July 11 - September 28

3 CLASSES TO CHOOSE FROM:

Mon & Wed: 11:00am - 12:00pm

Mon & Wed: 12:15 - 1:15pm - ALSO

AVAILABLE BY ZOOM - MUST

INFORM US WHEN REGISTERING IF DOING VIRTUALLY

Mon: 6:00 - 7:00pm

Cost: No charge (Senior Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 20 per session who register.

You are required to bring your own yoga mat.

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors.

Registration for all yoga sessions begins June 15 at 8:00am. Please do not leave a message for yoga sign up, as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.

CHEERLEADING - DAVIE DAZZLERS

Mondays - 4:00 - 5:00pm

Instructor: Ina Beavers

Cost: No charge to participant

If you would like to join this fun group, they meet each Monday for practice. You do not have to compete in order to be part of the group.

ONGOING ACTIVITIES

ZUMBA

Dates: July 12 - September 29

2 CLASSES TO CHOOSE FROM:

- **Tues & Thurs: 2:00 - 3:00 PM -**
Instructor: Gladys Scott
- **Tues & Wed: 6:00 - 7:00 PM -**
Instructor: Krysta Gary

Cost: No charge (Senior Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 20 per session who register.

Zumba is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Open to adults 55 & older & exceptions under the general participation policy.

BASKETBALL OPEN PLAY

Wednesdays - 10:00 - 11:00am

Want to play a game of basketball? Come practice basketball with the Silver Spirits basketball team! This is a great way to meet new people and stay active.

CHAIR YOGA

Dates: Thursdays - 4:00 - 5:00pm - July 7 - September 29

Instructor: Harolene Atwood

Limited to the first 20 per session.

Modified for sitting in a chair, Chair Yoga contains all of the benefits of traditional yoga including: increased balance, increased flexibility, reduced stress, and focused breathing. **Registration for all yoga sessions begins June 15 at 8:00 AM. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

WALKING HOURS

Monday - Friday - 8:00 - 10:00am

Looking to get those steps in and don't want to walk alone? Come join others for walking hours every weekday morning in the gym! **Don't forget to join our Brock Senior Steppers program to earn great prizes.**

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 4:30pm

Cost: No charge (donations to Senior Services are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment.

Please call for an appointment for training.

OPEN GYM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 4:30pm

The gym is available for walking, playing basketball, etc. anytime there is not a pre-scheduled program. Please note that the gym is only available to those 55 and older.



ALL ACTIVITIES HELD AT THE MAIN CAMPUS UNLESS OTHERWISE INDICATED

SKIPBO

Mondays - 1:00pm

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. ***Open to adults 55 & older and exceptions under the general participation policy.***

DOMINOES

Tuesdays - 1:00pm

This is a fun game of strategy that involves matching dominoes together in a way that nets the highest score. ***Open to adults 55 & older and exceptions under the general participation policy.***

DUPLICATE BRIDGE

Wednesdays - 1:00 - 4:15pm

Bring a partner and join this group for duplicate bridge. **Group refreshments will not be provided. Please bring your own drink and pre-packaged snack if desired. *Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.***

ONGOING ACTIVITIES

TEXAS HOLD 'EM

Thursdays - 1:00pm

This poker game is played for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. ***Open to adults 55 & older & exceptions under the general participation policy***



Lending Library

We accept donations of recently published books in good condition at the main campus. These may be checked out at the front desk. Please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



Lunch

Mondays - Fridays - 11:00am

Staff Contact: Stacey Southern, Nutrition Program Coordinator

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors at the main campus. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.60. A program is offered each day at 10:00am before lunch. On Tuesdays, Wednesdays, & Thursdays you may choose from the hot meal or a chef salad meal.

You must call by noon the day before you plan to eat to order a meal.



Music

DAVIE COUNTY SINGING SENIORS

Thursdays - 10:00am

(January - June/September - December) -

Main Campus

Chorus Director: Marie Craig

Annual Dues: \$10.00

If you love to sing, why not join this fun group?

The chorus practices each week and performs at churches, civic clubs, nursing homes, and community events. ***Open to adults 55 and older and exceptions under the general participation policy.***

KARAOKE & DANCE

Each Friday - 1:00 - 3:00pm - Brock Campus

Facilitators: George & Luzia McManus

Channel your inner rock star and come out for a weekly afternoon of Karaoke and dancing.

Open to adults 55 and older and exceptions under the general participation policy.



Special Interest

SENIOR SERVICES ADVISORY COUNCIL

3rd Tuesday of every other month - 3:00pm -

(July 19, September 20) - Main Campus

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie County Health & Human Services Board to help Senior Services plan, set goals, and fundraise. Meetings are open to the public.

OTHER ONGOING ACTIVITIES

Trips - Day

There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel and is non-transferable to another person.

All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

JULY 6 – CHARLOTTE HAWKINS BROWN MUSEUM, GIBSONVILLE, NC

Wednesday, July 6 - NOTE CHANGE OF DAY - Departure time 8:30am, Return approximately 3:30pm

**Cost: \$5.00 for transportation
\$1.00 for tour (pay morning of trip)
Money for lunch**

Join us as we visit the Charlotte Hawkins Brown Museum at Palmer Memorial Institute. Founded in 1902 by Dr. Charlotte Hawkins Brown, Palmer Memorial Institute transformed the lives of more than 2,000 African American students. Today, the campus provides the setting where visitors can explore this unique environment where boys and girls lived and learned during the greater part of the 20th century. The museum links Dr. Brown and Palmer Memorial Institute to the larger themes of African American history, women's history, social history, and education, emphasizing the contributions African Americans made in NC. We will have lunch at a local restaurant following the tour. Sign up starts June 6. ***Please note that for this trip only very few slots will be available as those who had already signed up and paid for the trip that was canceled in April of 2020 were given priority.***

AUGUST 2 - ASHE COUNTY TOUR, ASHE COUNTY, NC

Tuesday, August 2 - Departure time 8:15am, Return approximately 4:00pm

**Cost: \$5.00 for transportation
Money for lunch**

We will start off the day visiting the Museum of Ashe County History. There are exhibits documenting life in a Southern Appalachian

County. After the tour, we will visit Downtown West Jefferson and their many unique shops, restaurants, and the Ashe County Cheese Factory. Lunch will be on your own. As we return home, we will stop and visit St. Mary's to see the Fresco Paintings. Sign up starts June 14.

SEPTEMBER 6 – NORTH CAROLINA ZOO, ASHEBORO, NC

Tuesday, September 6 - Departure time 7:45am, Return approximately 4:00pm

**Cost: \$5.00 for transportation
\$11.00 for admission for ages 62+,
\$13 admission under 62
(pay admission cost morning of trip)
Money for lunch**

We will visit the NC Zoo which is the world's largest natural habitat zoo. Plan on a lot of walking and lunch on your own at the zoo. Sign up starts July 15.

OCTOBER 4 – CAROLINA CLASSIC FAIR, WINSTON SALEM, NC

Tuesday, October 4 - Departure time 8:30am, Return approximately 2:30pm

**Cost: \$5.00 for transportation
Money for lunch
Admission to the fair is free for those 65 and older. Under 65 will have to pay admission cost.**

Enjoy the sights and sounds of the Carolina Classic Fair. This is Senior Adult Day at the fair, so special events will be scheduled. Lunch will be on your own at the fair. Sign up starts August 15.

Our Theatre Club also takes many special trips to see various shows. Be sure to attend the next meeting, or call Senior Services to see if any space remains in upcoming trips.

SERVICES

CAREGIVING RESOURCE CENTER

Staff Contact: Kelly Sloan, Services Coord.

Cost: No charge, donations appreciated

Materials of interest to caregivers - videos, books, pamphlets - are available to check out at Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Staff Contact: Kelly Sloan, Services Coord.

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break. We can also provide free nutritional supplements and incontinence supplies, as well as robotic pets, activity kits and GPS trackers for those with dementia. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

DISABLED VETERANS OUTREACH PROGRAM

Veterans with significant barriers to employment are eligible to work with a DVOP specialist for help with employment and training services. Representative is available at the Brock Campus each Thursday from 9:00am - 3:00pm. Call 919-710-4093 for an appointment.

DIVISION OF SERVICES FOR THE DEAF & HARD OF HEARING

On the 3rd Tuesday of every other month from 10:00 - 11:30, the Division of Services for the Deaf & Hard of Hearing is at the main campus for a closed meeting for pre-scheduled consumers applying for a hearing aid through the state equipment distribution program. For information on how to apply to this program, call 336-273-9692.

FIDGET APRONS & TWIDDLEMUFFS

Staff Contact: See any staff member

Cost: No charge, donations appreciated

These items provide those with Alzheimer's or other forms of dementia something to keep their hands busy which can help reduce agitation and wandering. They are made by volunteers and are provided to anyone who can use one.

HANDMADE PERSONAL ITEMS

Staff Contact: See any staff member

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please see a staff member.

HOMEBOUND MEALS (MEALS ON WHEELS)

Staff Contact: Kelly Sloan, Services Coord.

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older and unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.

INFORMATION & ASSISTANCE

Staff Contact: Kelly Sloan, Services Coord.

Our Social Worker can answer questions and assist seniors, family members, and caregivers of any age in obtaining a wide variety of services and information for seniors. All assistance is confidential. Call for an appointment. Home visits can be arranged.

IN-HOME AIDE SERVICES

Staff Contact: Michelle Brake, Adult Services Social Worker

Cost: No charge, donations appreciated

This program is designed to assist adults and their families with attaining and maintaining self-sufficiency and improving quality of life while remaining in their own homes.

LEGAL AIDE

Staff Contact: Meagan Tomlin, Veterans Services Officer

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney, and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

SERVICES

NOTARY SERVICE

Staff Contact: Tracy Veach, Admin. Asst.

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING

Staff Contact: Kelly Sloan, Services Coord.

Cost: No charge, donations appreciated

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

SENIOR COMMUNITY SERVICE

EMPLOYMENT PROGRAM

Time: By Appointment only

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Michelle Ellis,

SHIIP Coordinator/Assistant Director

Cost: No charge, donations appreciated

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

Staff Contact: See any staff member

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead, bring your items here to shred. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

SITTERS LIST

Staff Contact: See any staff member

Senior Services maintains a list of people interested in sitting with older adults on a private pay basis. **This list is for informational purposes only.** Inclusion on this list is open to anyone who wishes to be included and is not a recommendation or testament of character by Senior Services. We are not responsible for checking references of applicants, hiring decisions, interviewing, setting of pay scale, background checks, or quality of work.

VETERANS SERVICES

Staff contact: Meagan Tomlin, Veterans Services Officer

The Veterans Services Officer, located at our Brock Campus, can help any Davie County veteran or their family apply for benefits to which they may be entitled. Call 336-753-6225 for an appointment.

WAYS TO HELP



Financial Support

LEGACY GIFT PROGRAM

Senior Services is committed to bring quality programs & services to older adults in our county, most at no charge. We also want to plan ahead to meet future needs. To do this donations are needed and appreciated. Legacy gifts is our term for these charitable contributions. Donations are accepted in the following areas:

- **Outright Gifts** - donations of cash, property or certain securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



Volunteer Opportunities

All volunteers receive training & orientation before beginning any assignment. Volunteers should be 18 years or older. Younger volunteers should be accompanied by a parent or guardian.

CLASS INSTRUCTORS

Contact: Michelle Ellis, Assistant Director

We are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors may be able to be compensated if funding permits.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Admin. Assistant

Volunteers are used for afternoons at the front

desk of both locations. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Stacey Southern, Nutrition Program Coordinator

Drivers deliver meals to homebound seniors. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid. Background screening required. Training for new volunteer drivers is provided by appointment only.

LUNCH VOLUNTEERS

Contact: Stacey Southern, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes, and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Admin. Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIP (Seniors' Health Insurance Information Program) VOLUNTEER COUNSELOR

Contact: Michelle Ellis, Assistant Director

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Carrie Miller, Events Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

CALENDAR OF EVENTS

SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER! ALL ACTIVITIES HELD AT THE MERONEY STREET LOCATION UNLESS OTHERWISE INDICATED.

JULY



- July 4 - CLOSED FOR INDEPENDENCE DAY HOLIDAY
- July 5 - Blood Pressure Screenings - 10:00am
- July 6 - Crocheting Group Starts - 9:00am
- July 6 - Day Trip - Charlotte Hawkins Brown Museum - Depart at 8:30am
- July 7 - Memory Café - 2:00pm
- July 7 - Senior Writing Group - 2:00pm
- July 7 - Farmer's Market Voucher Sign Up - 2:00 - 4:00pm
- July 7 - New Chair Yoga session starts - 4:00pm - Brock Campus
- July 8 - Crafternoon - 2:00pm - Davie County Public Library
- July 11 - New Yoga Session starts - 11:00am - Brock Campus
- July 11 - New Yoga Session starts - 12:15pm - Brock Campus
- July 11 - New Yoga Session starts - 6:00pm - Brock Campus
- July 12 - Coffee & Caregiving - 10:00am
- July 12 - Signs of a Heart Attack - 10:00am - also available by Zoom
- July 12 - Farmer's Market Voucher Sign Up - 2:00 - 4:00pm
- July 12 - New Zumba session starts - 2:00pm - Brock Campus
- July 12 - New Zumba session starts - 6:00pm - Brock Campus
- July 13 - Got Plans? - 1:00pm
- July 13 - Papercrafting Extravaganza - 1:00pm
- July 13 - A Matter of Balance Class Begins - 2:00pm
- July 14 - Red, White & Blue Party - 2:00pm
- July 18 - Monthly Movie - 1:00pm
- July 19 - Tech Tuesday - 10:00am

- July 19 - Advisory Council Meeting - 3:00pm
- July 20 - Grands Cornhole - 1:00pm - Brock Campus
- July 21 - Senior Book Club - 12:30pm - Davie County Public Library
- July 21 - Bingo - 1:00pm
- July 25 - What's Cooking: Foods, Fads, & Helpful Home Hacks - 1:00pm
- July 26 - Coffee & Caregiving - 10:00am
- July 26 - Veterans Social - 1:00pm
- July 26 - Theatre Club - 1:00pm
- July 28 - Good Health Club - 1:00pm



AUGUST

- Aug. 1 - Bowling Lunch - 1:00pm
- Aug. 2 - Day Trip - Ashe County - Depart at 8:15am
- Aug. 2 - Blood Pressure Screening - 10:00am
- Aug. 4 - Senior Writing Group - 2:00pm
- Aug. 9 - Coffee & Caregiving - 10:00am
- Aug. 9 - Jewelry Making Class - 1:00pm
- Aug. 10 - Got Plans? - 1:00pm
- Aug. 10 - Papercrafting Extravaganza - 1:00pm
- Aug. 11 - Bingo - 1:00pm
- Aug. 12 - Welcome to Medicare Luncheon - 10:00am
- Aug. 15 - Monthly Movie - 1:00pm
- Aug. 16 - Tech Tuesday - 10:00am
- Aug. 16 - Division of Services for the Deaf and Hard of Hearing - 10:00am
- Aug. 16 - Working With Weights Demo - 11:00am - Brock Campus
- Aug. 17 - Ping Pong Fun Day - 1:00pm - Brock Campus

CALENDAR OF EVENTS

SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER! ALL ACTIVITIES HELD AT THE MERONEY STREET LOCATION UNLESS OTHERWISE INDICATED.

- Aug. 18 - Senior Book Club - 12:30pm -
Davie County Public Library
- Aug. 18 - Evening Cornhole - 5:30pm -
Brock Campus
- Aug. 22 - What's Cooking: Foods, Fads,
& Helpful Home Hacks - 1:00pm
- Aug. 23 - Coffee & Caregiving - 10:00am
- Aug. 23 - Theatre Club - 1:00pm
- Aug. 25 - Good Health Club - 1:00pm
- Aug. 29 - Meet Me Where I Am Seminar -
10:00am
- Aug. 30 - Dog Days of Summer Party -
5:30pm

SEPTEMBER

- Sept. 1 - Senior Writing Group - 2:00pm
- Sept. 1 - Bingo - 1:00pm
- Sept. 5 - CLOSED FOR LABOR DAY
- Sept. 6 - Day Trip - NC Zoo - Depart at
7:45am
- Sept. 6 - Blood Pressure Screenings - 10am
- Sept. 8 - Armchair Adventures - 1:00pm
- Sept. 12 - Cheerleading Interest Meeting -
4:00pm - Brock Campus
- Sept. 13 - Importance of Exercise and
Physical Health for Seniors -
10:00am
- Sept. 13 - Coffee & Caregiving - 10:00am
- Sept. 14 - Got Plans? - 1:00pm
- Sept. 14 - Papercrafting Extravaganza -
1:00pm
- Sept. 15 - Department of Transportation &
Elected Official Q & A - 10:00am
- Sept. 15 - Senior Book Club - 12:30pm -
Davie County Public Library
- Sept. 19 - Monthly Movie - 1:00pm
- Sept. 20 - Tech Tuesday - 10:00am
- Sept. 20 - Advisory Council Meeting -
3:00pm
- Sept. 21 - How to Create My Social Security
And My Medicare Accounts -
12:00pm

- Sept. 22 - Fall Prevention Seminar -
10:00am
- Sept. 22 - Good Health Club - 1:00pm
- Sept. 23 - End of Summer Dance - 1:00pm -
Brock Campus
- Sept. 26 - What's Cooking: Foods, Fads, &
Helpful Home Hacks - 1:00pm
- Sept. 27 - Coffee & Caregiving - 10:00am
- Sept. 27 - Theatre Club - 1:00pm
- Sept. 28 - Basketball & Softball Team
Interest Meeting - 2:00pm -
Brock Campus
- Sept. 29 - Bocce Clinic - 9:30am -
Davie Co. Community Park
- Sept. 30 - Senior Center Month Showcase
Party - 2:00pm

Senior Services will be closed:

- Monday, July 4 -
Independence Day
- Monday, September 5 -
Labor Day





278 Meroney Street
Mocksville, NC 27028
336-753-6230
www.daviecountync.gov

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*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services, please remember to scan your membership card. This helps us to keep track of how many people use our building. We use this information to obtain grants and request additional money when necessary. Scanning your card also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff member today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.